**“The Spirit of Life” Going deeper in Romans 8:1-17**

**INTRODUCTION** – In the previous chapter the Apostle Paul has been talking about the commandments and wrestling with the sinful nature. The commandments are good in that they point us to God and they also show us our need for God’s grace and power.

**READ** – *Read (passage) aloud. Read it several times. Listen for what the Spirit of God is saying, don’t just think about it.* 1 For those who follow Christ Jesus there is no condemnation. Theirs is a free new life walking in the Spirit. 2 The Spirit of life in Christ Jesus has set you, as an individual believer, free from the brutal tyranny of sin and death. 3 For what the commandments were incapable of doing in my sinful nature God did by sending his son in the likeness of sinful human nature to deal with the issue of the sinful nature. In this way God condemned the sinful nature in sinful humanity in a way we and the commandments could not. 4 So that the righteous requirements of God’s justice might be fully met in us that walk not according to the sinful nature but according to the Spirit. 5 Those who live by the sinful nature focus on the things of the sinful nature and those who live by the Spirit focus on things of the Spirit. 6 The mentality of the sinful nature leads to death, but the mentality of the Spirit is life-giving and peace-bringing. 7 This is because the mind of one controlled by the sinful nature is hostile to God and is not interested in living God’s way, nor can it be. 8 Therefore, those who are controlled by the sinful nature simply cannot please God. 9 But you aren’t like that anymore. You are not to be controlled by the sinful nature but by the Spirit because you welcomed him and he came and made his home in you. Of course, anyone who has not welcomed the Spirit that comes through Jesus Christ will not have entered into the life meant for them with Jesus Christ. 10 But for you, Jesus Christ dwells in you even though you still experience the limitations of sin, but even so you are alive in the Spirit because you have been made right with God through Jesus. 11 And if the Spirit of him who raised Jesus from the dead is in all of you, he who raised Jesus Christ from dead will surely make you all alive; you and your bodies. He will do this through the Holy Spirit who lives in you. 12 This means we are in debt – not in debt to the bankruptcy of the sinful nature, but to the bank of real life. 13 We can no longer live in our old ways which were killing us, but by the Holy Spirit who will put the old ways to death and wake us up into new life. 14 Those who are led by the Spirit of God have been brought into the family of God as his children. 15 This resurrection life by the Spirit is not a life controlled by fear, but controlled by the Spirit of new life and adoption. His children can cry out, “What’s next, Pappa?” 16 The Spirit of God touches our spirit and reminds us that we belong to him. We are truly children of the Living God 17 and as children of God we know that we have an unbelievable inheritance! We also know that we will go through hard things with him and that means we will share together in his glory.

**ENGAGE** – *Questions for going deeper. God is speaking… to you.*

1. According to verse 3 why did God the Father send God the Son?

2. What is condemned rather than you or I according to verse 3?

3. What can’t the commandments do?

4. According to these verses what role does God the Father, God the Son, and God the Spirit play in setting you free?

5. What does it mean to be led by the Spirit?

6. What spiritual practice(s) help you to focus on and be led by the Spirit of God?

**PRAY** – *God has spoken. So, reply.*

\*Spend some time praising God for his grace and power at work in you.

\*Ask the Lord to forgive you for the things that have diverted you from life with Jesus.

\*Ask the Spirit of God to fill you so you can be empowered for the life he has for you today.

**LIVE** – *This is where the rubber hits the road.*

We were meant to live a life led by the Holy Spirit. If you are being led by the Holy Spirit how will your life be different today?